

# Fresh Fruit and Vegetable Program

## PRODUCE NEWSLETTER



DISTRICT OF COLUMBIA  
PUBLIC SCHOOLS

Food & Nutrition Services

### Watermelon Radish

Radishes are good for you because: they are a good source of Vitamin C, Potassium and Calcium to help you have a well balanced diet!



#### Farm to School ~

Watermelon radishes are available all year round, but are at season's peak during spring and late fall, since they are a cool season crop preferring cold temperatures that are lower than 68 degrees. If the soil is too warm, it can affect the flavor of the radish making it very bitter.

#### Selection and Storage ~

Look for Watermelon Radishes with smooth skin free of big cracks. Avoid Radishes that are soft, spongy and with brown spots. Store Radishes for up to one week in the refrigerator.

#### Origin ~ Where did it come from?

Originally the Watermelon Radish came from an area in North China called Beijing.

#### Fun Facts



Watermelon Radishes contain a compound called isothiocyanate, which can be made into a natural pest repellent.

Some farmers plant Radishes in their farms to repel pests and unwanted weeds.

The Watermelon Radish's name in Chinese means "in one's heart beautiful"



### Word Search

N V I T A M I N M T  
S O M R P R K I E N  
A T L I A M K L L E  
L L N E K D B V R L  
A K I C M A I J N L  
D Y C O T R X S H E  
Q L B E S T E C H P  
Z X G T O O R T Y E  
J E Q P D C Q F A R  
V R P E B F E D E W

PINK  
ROOT  
VEGETABLE

RADISH  
SALAD  
VITAMIN

REPELLENT  
SOIL  
WATERMELON



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## RADISH COLORING



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